

Wilderness Survival

High School Course
West Brooke Curriculum
2nd Edition



An Exciting Science or Elective Class
Written by: Jennifer Westbrook

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Textbook List

Tom Brown's Field Guide to Wilderness Survival by Tom Brown, Jr.

DK The Survival Handbook by Colin Towell

You will need a Journaling book for note taking:

We made one of our own, or you could purchase a nice one. The one we made was spiral bound and I included some pages with lines for notes, and some pages of art paper for drawing diagrams and field observations.

We also used:

Additional first aid books

A Pocket Tutor Guides: by Waterford Press

Wilderness Survival

Edible Wild Plants

Medicinal Plants

Books from the library

Internet search engine

And I would have liked to had a specific survival guide for my State. I may still add that to our continued studies!

You are probably thinking, this is not a standard science class! That is true but, did you know that adults go to Wilderness Survival training schools and pay big bucks to do so? Think of all of the things you will be learning: First Aid, plants, animals, environments, survival skills, how to make survival kits, what to do in emergencies, how to control emotions, building a fire, shelter, and more. This has been by far my son's favorite class, he still continues to use what he has learned 3 years later, now my youngest is begging me to start this class! Enjoy!

Before you start: Go to the library and check out some books, look for books on local flora and fauna, woodsman's guides, candle making, survival books, first aid books, etc. Start gathering supplies for survival kits, candles, etc. You will get more of an idea as you look through your books (next lesson)

Lesson 1

Spend 45 min to 1 hour skimming through the materials you will be using for this class.

Lesson 3 Emergency candle

<http://www.instructables.com/id/Altoids-Tin-Emergency-Candle/>

Read this instructable on making an emergency candle kit, and then work on this project. If you don't have an altoids can, you can also make a candle in some other disposable container, soup can, etc.

Lab Grade: _____

Choose a literature book to read while doing your studies, this is part of your class and will improve your general knowledge of survival skills as well as the natural sciences:

Hatchet by Gary Paulsen (warning in chapter 18 there is a description of someone who died)

River by Gary Paulsen (sequel to *Hatchet*)

Brian's Winter by Gary Paulsen (related to *Hatchet*)

Swiss Family Robinson by Wyss

Robinson Crusoe by Defoe

And more.....

Lesson 15 Scout

- 1) Read Extreme Survival pp. 50-51 from *DK The Survival Handbook*
Refer back to p. 23 blue box: operate under realistic conditions
- 2) Scout out a campsite in the back woods with an adult, or a campsite in your backyard. Or plan a camp trip to a state park.

Lesson 39 Waterproofing tinder lab

Waterproof twine for emergency tinder for fires to add to your survival kit. Be sure to test it! <http://www.instructables.com/id/Waterproof-Emergency-Fire-Tinder-Bundle/>

Lesson 42 Water survival

Read pages 250-255 of *DK The Survival Handbook*

Look up drowning in your First Aid references/online or at wol.jw.org.

On wol.jw.org if you look up drowning you will find:

in cold water: 3/8/96 Awake! pg28

boat capsized: g88 5/22 p. 17

Take notes in your journal.

Lesson 43 First Aid

Chapter 7 of *DK The Survival Handbook*

pp. 258-261 introduction and essentials

pp. 262-265 Flesh wounds

pp. 266-269 Review bites and stings and Poisonous plants and intestinal parasites

Take some notes or make a list of what to include in a kit for First aid in your journal

Grade on Journal notes so far: _____

Lesson 46 Plants

Start chapter 5 in *Tom Brown's Field Guide* read pgs 81-87